























San Bruno/ Community Class Schedule - Spring Quarter 2014 - April 8th to June 27th

PRRC CLASSES At the San Bruno Out-Patient Clinic

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Spiritual Support by appt Chaplain Jon Wright (415) 221-4810 x4505		Veterans Community Council 9- 9:45AM  Dan's Office Rm38 Offered via V-tel	Music over Mood 9:00-9:45AM  Dan/Jill/Christine Offered via V-tel	Anger Management Support 9:00-10:00AM  Conference RM Pre-registered Only
Recovering your Dreams 10-10:45AM  Offered by V-TEL	Orientation  Conference Rm Offered by V-tel by appt	Wellness Music Box 10-11:00  Dan/Mahyee Offered via V-tel	Art of Life 10-11:45  Richard Jill/Christine Offered via V-tel	Orientation  Conference Rm Offered by V-tel by appt
Vet 2 Vet 10:30 - 12:30  Conference Room Offered by V-TEL	Move with Recovery 11:30-12:15PM Dan/Janet  Meet in Lobby	Community Meeting 11-11:45AM **1st Wed of the Month  Offered via V-Tel	Move with Mindfulness 11:30-12:30  Meet in lobby	
Veteran's Story Corps 12:30-2:00PM  Conf Rm Offered by V-TEL	Veterans Advisory Council 12:15-1:00PM  **2nd Tuesday of the Month**	Al-Anon Meeting 12:00-1:00PM  Conference Room	Life Ring 12:00-1:00  Room 18	
Reducing Isolation 2:00-3:00PM  Dan Conference Room	Rise above Depression 1:00-2:00PM  John/ Dan Conf Rm via V-tel Peer Support 2:00-2:30PM  John		Mindfulness 1:00-2:15  Dan Jill Christine Conf Room Offer via V-tel	

CLASSES IN THE COMMUNITY

MONDAY	WEDNESDAY	FRIDAY
SAN MATEO COUNTY VETERANS ORGANIZATION Fourth Monday of month 5:30pm American Legion San Bruno Call below for	Recovering yourself through Music , Art And Drama 12:00-3:00PM  Location: 150 Otis St Dan/Mahyee	Classes at the ILRC All Veterans Welcome 649 Mission St at 3RD St. Third Floor Writer's Workshop  12:00-1:00 Resilience in Motion (RESMO)  1:00-2:00 Photography Class  Sixth on Seventh Gallery 2:30PM-4PM Sixth on Seventh Gallery: 105 7th St (Mission and 7th)

BLUE = Other Community Locations ALL Veterans Welcome!

GRAY= other VA groups *PRRC NOT responsible for content or scheduling*

San Bruno Clinic 650-615-6019